

Columbus Cardinals
&
Columbus Lady Cards



Athletic Policy Handbook
2011-2012

I. INTRODUCTION

Welcome to the Columbus ISD Athletic Program. As the Athletic Director at Columbus ISD, I am excited about the opportunity to be associated with our community, its coaches and staff as well as our fine student athletes. Columbus ISD athletic programs have had a strong tradition over the years. We are very proud of the accomplishments of our teams and athletes and look forward to the opportunity to continue to build and grow on its foundation that has been set. The entire staff takes a great pride in its role as part of the education provided by Columbus ISD. This handbook is designed so that parents and athletes understand the policies of the athletic program. The policies, procedures, and regulations in this handbook are in compliance with the school board policies, and administrative procedures.

II. PHILOSOPHY

The combination of sports and academics can be a tremendous experience in a young person's life. A broad and sound sports program for all students can provide invaluable experiences for the participants. A sound, wholesome sports program will contribute to and offer involvement to all students-as participants, support groups, or as spectators. It will also serve the community by providing entertainment and establishing a common ground of interest which will draw citizens together in support of the various sports activities. It is important to see athletics as part of the total educational program. It should both compliment and contribute to the overall educational process. For many students it is the most effective climate for learning the invaluable lessons of personal integrity, determination, self-confidence, proper mental attitude, individual and group responsibility and the desire to achieve high goals which should be the basic objectives of any sound educational system.

III. PARTICIPATION

According to the University Interscholastic League rules, **being in athletics is a privilege and not a right.** When a young man or young woman signs up for athletics and becomes a member of the team, they make a commitment. The students and their parents should know they are obligated to follow the rules and regulations of the program. The students should realize that they are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order. Parents should encourage their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect an athlete to do

more than they are capable of; however, we do want them to obtain their fullest potential. A supportive parent can sustain this desire in the student athlete long after his/her playing days are over. Parents should strive to help their son or daughter to achieve their potential by seeing that the student is on time, attends practices and games, and follows district/athletics rules and regulations.

Each student must have the following documents on file to participate in athletics:

- Completed physical form (if applicable)
- Pertinent medical athletic history (if applicable)
- Acknowledgement of UIL Rules
- Acknowledgement of Columbus ISD Athletic Policy
- Medical Release
- Parent and Student Notification/Agreement Form Illegal Steroid Use
- Signed Student Drug Testing Consent Form(HS Only)
- Signed Athletic Policy

It is the goal of the athletic department to create a total athletic program that reaches as many students as possible in Columbus ISD. **Athletics is a privilege, not a right.** Because it is a privilege, it requires a higher standard of conduct above and beyond what is stated in the school code of conduct, and dress code policies. The Athletic Director and coaching staff shall have the full authority, in accordance with Columbus ISD policy and due process procedures to prohibit any student from playing on any team, or from taking part in any public contest for the following reasons:

- Serious academic deficiencies
- Conduct which brings dishonor or embarrassment to Columbus ISD or the team with which they are associated.
- Actions or behaviors that demonstrate lack of respect for the authority of the coaching staff or the administration of Columbus ISD.
- Any violation of University Interscholastic League rules or policies which require student to be prohibited from participation.

IV. GENERAL POLICIES:

The following information applies to all students who participate in extra-curricular activities while enrolled in Columbus ISD. It is felt that these students represent Columbus in the community and state in multiple settings and the student should

adhere to a level of behavior and conformity indicative of this role. These students serve as role models and hence have an obligation to handle themselves in a manner that befits responsibility. All extra-curricular students are subject to this policy.

The coaching staff has responsibility for enforcing policy. The policy applies to these students at any school sponsored activity, event, practice, competition, camp, or conference that prepares them for such. However, it is expected that all student-athletes will behave appropriately at all times, school sponsored or otherwise.

1. Detrimental Substances:

Alcohol and Drugs:

Alcohol and drugs have no place in the life of an athlete. They are detrimental to one's health and performance. Athletes are expected to refrain from the use of these substances.

Disciplinary actions for the use and/or possession of substances off school grounds and at non-school activities will be taken in accordance to the substantiality of proof. Disciplinary actions taken by the school for the use and/or possession of substances at school or at school activities will be in addition to the discipline taken by the athletic department.

Please refer to the Student Handbook for violations of drug policy.

Violations of Alcohol Policy:

1st Time: Suspension of 1 week of game activities and 20 miles of running

2nd Time: Suspension of 5 weeks of game activities and 40 miles running

3rd Time: Suspension of athletics for 1 calendar year.

Steroids:

Parents and students should be aware that state law prohibits students from possessing, dispensing, delivering, or administering an anabolic steroid. Anabolic steroids are for medical use only, and only a physician can prescribe use. Under state law, body building, muscle enhancement, or the increase of muscle bulk or strength through the use of an anabolic steroid or human growth hormone by a healthy student is not a valid medical use and is a criminal offense.

2. **Stealing:**

To take things that do not belong to you, especially from your teammates, is behavior that will not be tolerated. An athlete caught stealing may be dismissed from the athletic program. Depending on the seriousness of the offense, a player may also be prosecuted by the law. This also involves school equipment not turned in after the season is completed.

3. **Conduct:**

CISD athletes will:

- strive to become positive role models at school and in the community
- take pride in their appearance, in and out of school
- play extremely hard give supreme effort
- play by the rules and play clean, but hard, at all times
- never give up, regardless of the circumstances
- learn the rules to their particular sport(s)
- be in excellent physical condition
- NOT use profanity
- be responsible for all equipment handed to them through the athletic department
- be on time for meetings, practices, and contests

4. **Dress/Appearance:**

You should be very professional in and out uniform. Everyone will wear their uniform in the same manner. **No one will be different.** We will furnish your equipment, so do not bring personal equipment from home. Take care of your equipment. To attain a team appearance and for safety reasons the following dress code will apply to athletes:

- Male athletes will refrain from wearing earrings of any kind at all school related activities.
- Student's hair will be clean, neat and well groomed. Male athlete's hair will be kept above collar length. Any hair past the collar is a hazard to the athlete, therefore will not be allowed. Mohawks are not allowed.
- Men should have no facial hair and side burns no longer than the bottom of the earlobe.
- No jewelry shall be worn during practice or athletics events.
- All tattoos must be covered when representing Columbus ISD.

5. Travel Out of Town:

The school provides transportation to and from athletic events away from home. Participating athletes are expected to use the school provided transportation both to and from the event, and any deviation from this procedure should be cleared with the coach in charge. The parent and coach must sign a student travel release form before the student is allowed to go with a parent. Students can only ride with their own parents. (Any exception to this must be approved by the athletic director, girls' coordinator, junior high coordinator or principal in advance.)

6. Multiple Sport Competition:

The Athletic Department allows and encourages athletes to compete in multiple sports as long as the athlete can abide by all team rules and regulations and there is no seasonal conflict. No coach shall discourage any athlete from participating in multiple sports.

7. UNEXCUSED MISSED ATHLETIC EVENT:

- Suspension from one event with conditioning
- No club, select, AAU, or outside league play will take precedence over school athletic events or practices. Loyalty to your team, school and community will be an athletic priority. Make-up work will be done at the end of the first practice attended after the absence. If the athlete has more make-up work than can be done in a single session, then the make-up work may be spread over several sessions. In order to participate in a contest, all make-up work must be finished.

8. Practice Attendance Policy:

All athletes must attend the athletic period and/or practices. If the student expects to be part of the team and play during the games then the student must be at all athletic periods/practices. If an athlete is going to miss practice, the parent must notify one of the coaches before the athletic practice.

Athletic Phone Numbers:

High School Boys: 979-732-2351

High School Girls: 979-732-5746

Junior High (Boys and Girls): 979-732-2891

9. Dismissal / Quitting Policy

Commitment is the backbone to a highly successful athletic program. As the coaching staff and administration at CISD, we encourage athletes to “finish what you started”. Perseverance leads to long term success in life. Quitting is a habit, so we strongly encourage an athlete to never start that practice. Habitual quitting will not be a problem in CISD athletics because of the following:

- The punishment phase and length is fairly severe.
- Success breeds success. People want to be part of a winner.

Upon deciding to quit, any athlete will be given a 48 hour grace period, or cooling off period. At that time (or before then), the athlete will make a rational decision as to whether he/she still wants to quit. If still wishing to quit, the athlete must completely fill out a CISD Athletic Quit Form, have it signed by their parent(s) and themselves, and then hand it back to their head coach or athletic director. Once the paperwork is turned in and signed by all parties, the athlete is not eligible for sport-specific practices for 60 SCHOOL DAYS. Failure to fill out a quit form properly will forfeit the athlete from participating in sports in the future. (See Attachment)

Compromise “Quit” Rule – If there is a compromise between coach and athlete on good terms about leaving the team or sport, the 60-Day rule can be waived with approval from the athletic director. (This usually occurs only when both parties feel it is best for the overall team not to play any longer because of unusual circumstances.)

10. Participation Requirements:

- All high school athletes must be in an athletic period for the entire year to participate in the following sports: Volleyball, Football, Basketball, Baseball or Softball.
- Cross Country, Golf, Tennis, Track and Power Lifting athletes are not required to be in an athletic period, if that is the only sport in which the athlete participates.

11. Lettering Policy:

To receive the appropriate award for a particular team, the athlete must comply with the following standards:

- The athlete must be in good standing and a member of that team or a higher team at the close of the season.

- The athlete must participate in at least one-half of the team's competitive events. An athlete whose participation is denied due to injury sustained during the season may be granted the award appropriate for that team if he or she continues to attend team meetings, practices, and competitive events when medically possible after the injury.
- Team managers and student trainers will receive a varsity award after two years of participation.
- To be eligible for post-season awards, athletes must have been in good standing the entire athletic year.

12. CISD Athletic Passes

The CISD athletic department will issue each athlete in good standing an athletic pass.

This pass enables each athlete free admission to all CISD HOME contests. If an athlete loses or fails to produce the pass, he is expected to pay in full admission to home contests. These passes are non-transferable and will be taken up permanently if they are loaned to another non-athlete student. These passes are no good for any out-of-town contest.

If an athlete quits, is dismissed from the program, or moves to another school, his pass will be taken up by the head coach or assistant.

13. Parent Concerns:

If problems or concerns arise with student athletes, parents or guardians should attempt to resolve the problem by contacting the following individuals in the order stated:

Junior High – coach of sport, junior high coordinator, athletic director, principal or superintendent

High School Girls/Boys – coach of sport, head coach of sport, girls coordinator (if applicable), athletic director, principal, or superintendent

14. Felony Charges:

Because the administration, athletic director, coaches of the Columbus Independent School District are concerned with the behavior of students involved in athletics and other extracurricular activities, the following procedures and penalties will be enforced when students who are charged with and/or convicted of a felony crime:

- Upon a student being charged by state or federal law enforcement authorities with commission of a felony, if the administration has reason to believe there is substantial basis for the charge and that continuation in athletics might adversely reflect on the school, or adversely affect the activity, school personnel and other students, the student will be suspended from all such activities pending the outcome of the case.
- If the student is found innocent in state or federal court of the charge, or upon dismissal of the charge, the student will be immediately reinstated to participate in such activities.

15. School Insurance:

Columbus ISD has a secondary insurance policy for any extracurricular student. It should be noted that the school insurance would only pay for expenses after the primary family plan has been used; or in case of no insurance plan, it will act as the primary plan. **The policy has limits and will not pay all the bills in full.** The parent is responsible for the bill that the school insurance does not pay. The school insurance will cover injuries incurred as a result of participation in a practice, game or off-season.

16. Responsibilities of CISD Parents

- Give positive support to your child AND to their teams
- Do not discuss the faults of other players and coaches with your child
- Encourage your child to attend all practices and contests
- Encourage your child to not miss practices for reasons other than serious illness and circumstances beyond your control
- Provide transportation home from practices, and to practices if needed
- To help furnish, if any, equipment the athletic department may not have
- Help work the concession stand
- Assist their student-athlete with fund-raisers

V. ACADEMICS AND ATHLETICS

Extra-curricular athletics must always be viewed as a supportive activity to the primary mission of any educational institution. The primary mission of any educational institution must be academic and personal development of its students. In public education, the integrity of the academic mission can never be compromised. The role of athletics involves providing opportunities of extended character development through structured athletic competition. This philosophy is supported by a study conducted by the University of Washington. This study projected the likelihood of a high school varsity athlete receiving an athletic scholarship to higher education and later moving into professional sports.

- Only 6% of high school football players receive a scholarship to play in college; most of these are partial scholarships instead of a full one
- Only 3% of all high school basketball players in the nation receive scholarships to play in college; also mostly partials
- Volleyball, tennis, swimming, baseball and other kinds of scholarships are necessarily limited because of financial restrictions in many colleges. Even if one is received, it is almost always a partial.
- 1 out of 15,000 college student-athletes will ever have the opportunity to become a professional athlete in any sport.

The message from these results is clear. The academic mission is of greatest importance to all students regardless of the God given athletic talents and playing field accomplishments. Additionally, of all “Top 10” ranked academic students at the high school level, 98% of both boys and girls were involved in **2 or more extra-curricular activities**.

Qualifications concerning Athletic Scholarship:

Athletic Achievement

The athlete must meet the criteria of the University or College pertaining to the individual sport involved. Each University or College has its own criteria for selecting athletes based on individual ability. As an athlete, you may fit one of the University’s criteria, but not another, and sometimes you may not fit any. Striving to be the best high school athlete, and student is your best insurance that some university or college might deem you fit for their program. If you do fit their criteria, they will contact you or the head coach of your sport.

Academic Success

The athlete must meet certain criteria established by the NCAA before he/she can even be considered for scholarship. A student athlete must begin the process of qualifying academically as well as athletically for any post high school participation as early in high school as possible. Academics must be an integrated part of the athletic process beginning as a freshman, and must continue to be a priority throughout their high school career. If the core curriculum grade point average is not met, eligibility will not be possible no matter how outstanding the athlete is in his athletic endeavor. You must start early.

College Requirements before Visitation Is Possible

The athlete must meet the ACT or SAT requirements before a college can actively recruit an athlete. The scores are listed in the handbook. It is imperative that the potential athlete take the ACT or SAT at the earliest possible time to ensure that he/she meets these requirements. Your counselor will be of help to you as to when you can take the ACT or SAT; these dates will also be posted in the field house. They also may be of help with tutorial programs, etc. that will enhance your chances of a good score. Remember that a good base education cannot be replaced by last minute preparation for the test. Taking the test numerous times will also enhance your chances of improving your score. You must apply yourself academically as well as athletically to reap the rewards of your diligence.

Questions asked by college recruiters

When a college recruiter shows interest in a particular athlete, there are questions that are asked of the coaches and counselors. The first thing that they want to know is if the athlete will qualify academically. If you do not qualify, this will probably be the end of their interest in you. The next thing they will ask about is the work habits exhibited in the classroom as well as your commitment to athletics. They are usually looking for the individual that has put forth the necessary effort in both areas to succeed.

Another question that is usually asked is about the character of the individual. They will inquire as to any discipline problems that have arisen during the high school career.

They will also inquire about specific leadership qualities that the athlete might possess. If the sport is a team sport, the recruiter will want to know if the athlete is a “team player”. They are looking for someone who can enhance their program and will be a fit for their program. They will also want to know of any special talents that they might not be aware of, such as football players being an outstanding track person also. **Multiple**

sport performers sometimes have an advantage, and it is also stressed here at Columbus ISD.

PLAN ON PLAYING COLLEGE SPORTS:

How Do You Plan Carefully?

9TH Grade:

Meet with your counselor to discuss your four year plan as a roadmap to college (early December).

Meet again with your counselor before registration for your sophomore year to discuss college entrance requirements and to insure compliance with NCAA eligibility rules (early February).

10th Grade:

Take the PACT to practice for the ACT.

Meet again with your counselor before registration for your junior year to assure compliance with the NCAA eligibility requirements.

11th Grade:

Take the PSAT in October to practice for the SAT.

Meet again with your counselor before registration for your senior year to be sure to meet college admission requirements and to assure compliance with the NCAA eligibility requirements.

Secure a copy of the *NCAA Guide for College-Bound Athlete* from the athletic director or girls' coordinator. Specifically read the section on athletic eligibility. Discuss it with your parents and coach.

Take the SAT and the ACT in the winter or spring of the year.

Inform your coach of your interest in playing a sport in college.

Visit potential colleges.

12th Grade:

Retake the SAT/ACT as needed.

Meet with your counselor early in the fall to review your transcript to assure compliance with the NCAA eligibility requirements.

Meet with your coach to discuss your potential to play for certain colleges.

Mail college applications.

Review the *NCAA Guide for College-Bound Athlete*.

The Counselor and Coach Commitment

Your counselor and coach are committed to providing the assistance you will need to realize your academic and athletic goals. **As much as we would like to, we do not give nor can we guarantee you an athletic scholarship to college. College scholarships are, after all, decided on by the colleges themselves. We can recommend you all we want but the decision is ultimately made by the colleges, not us.** However, we can assure you and your parents that we will help you plan, work, and search for an appropriate college experience. This section of the Student Handbook identifies for you and your parents the process and the people who will help you prepare for your goals. Save it and refer to it each year to assure yourself that you are doing everything necessary to plan for your future college experience. Sports may or may not be in your future. Ultimately that is up to you. We are here to help you.



LADY CARDS CONSEQUENCES

MISSED PRACTICE

- **Unexcused**

1st Time Sit out First Set of Next Game & Full Running Ladder
2nd Time Suspension from Next Game & 2 Running Ladders
3rd Time Removal from the Team

- **Excused**

1st Time 1/2 Running Ladder
2nd Time Full Running Ladder
3rd Time 2 Full Running Ladders

##The Head Coach will determine if it is excuse or unexcused.

UNEXCUSED MISSED GAME-- Suspension from Next Game and Conditioning

- **D-Hall** Will Not Start/Playing Time Reduced & 1/2 Running Ladder
- **ISS** Sit out First Set of Next Game & Full Running Ladder
- **Failure to Sign Out** 1/2 Running Ladder
- **Messy Locker Room** 1/2 Running Ladder
- **Jewelry** 1/2 Running Ladder
- **Missing Equipment** 1/2 Running Ladder
- **School Books in Athletic Backpack** 1/2 Running Ladder
- **Misbehavior in Classroom** 1/2 Running Ladder
- **Profanity** 1/2 Running Ladder
- **Unsportsmanlike conduct** Sit out a minimum of 4 minutes and Full Running Ladder
- **After the 10th Day of ISS for the year** Removal from athletics for rest of the year
- **DAEP Placement** Removal from athletics for rest of the year

*Consequences will double for repeat offenders

**All Running will be TIMED in the gym.

***Not everything can be covered, if something comes up not listed it will be up to Coach Bloodworth to determine the punishment.

LADDER:

Sprint (down & back)	12 sec.
Pony (half ct, full ct)	19 sec.
Horse	35 sec.
3-50 (3 sprints)	50 sec.
Horse	38 sec.
Pony (half ct, full ct)	21 sec.
Sprint (down & back)	12 sec.

** 1/2 Ladder = Sprint, Pony, Horse, 3-50



CARDINALS CONSEQUENCES

MISSED PRACTICE

- **Unexcused**

- 1st Time Sit out a minimum of 1 quarter of Next Game & 200 yds of sled pull
2nd Time Suspension from Next Game & 400 yds of sled pull
3rd Time Removal from the Team

- **Excused**

- 1st Time 50 yds of sled pull
2nd Time 100 yds of sled pull
3rd Time 150 yds of sled pull

- **D-Hall** Will Not Start/Playing Time Reduced & 200yds of sled pulls
- **ISS (per day)** Sit out a minimum of 1 quarter of Next Game & 400 yds of sled pull
- **Failure to Sign Out** 100 yds of sled pull
- **Messy Locker Room** 100 yds of sled pull
- **Misbehavior in Classroom** 100 yds of sled pull
- **Late for athletics** 100yds of sled pull
- **Failure to Lock Locker** 100yds of sled pull
- **Equipment left out** 100yds of sled pull
- **Jewelry during workouts** 100yds of sled pull
- **Missing Equipment** 100yds of sled pull
- **Profanity** 50 pushups
- **After the 10th Day of ISS for the year** Removal from athletics for rest of the school year
- **DAEP Placement** Removal from athletics for rest of the school year
- **Unsportsmanlike conduct/Personal Fouls** Sit out a minimum of 4 minutes and 400 yds of sled pulls/ or extra conditioning

*Consequences will double for repeat offenders

**All Running will be done on practice field during athletic period/after practice

***Not everything can be covered, if something comes up not listed it will be up to Coach Mascheck to determine the punishment.



Columbus ISD Athletic Quit Form

I, _____, have decided, after careful consideration to my coaches and teammates, to quit _____, which is the sport I am getting out of. I have been given a 2-Day (48 hour) period to fully evaluate my decision. I feel that is the best decision for me and my teammates. I understand that I cannot participate in practices or contests in any sport for 60 school days. I understand that by quitting again, I will most likely forfeit any future participation in CISD athletics altogether. I can return to CISD athletics after a 60-Day school window and return date has been established.

Athlete Signature _____

Parent Signature _____

Head Coach Signature _____

Athletic Director Signature _____

Signed and Dated _____ - _____ - _____



COLUMBUS HIGH SCHOOL ATHLETIC DEPARTMENT POLICY FOR TEAM SELECTION

I. PHILOSOPHY

In accordance with the overall athletic philosophy and the desire to see as many student athletes as possible participate in the athletic program while at Columbus ISD, coaches are encouraged to keep as many student athletes as they can without affecting or compromising the integrity of their sport. Obviously time, space, facilities, personal attention and individualized instruction necessary for team development, along with another factors, will affect squad size for any particular sport. However, when developing the individual sport policy in this area, coaches are encouraged to maximize the opportunities for the student athletes without diluting the quality of their program.

II. LIMITATION OF TEAM MEMBERSHIP POLICY

The coaches of the respective sports, along with the approval of the Athletic Director, will determine the minimum and maximum team membership limits, taking into consideration the criteria listed above.

III. SQUAD REDUCTION POLICY

- The choice of membership for any athletic team will be the responsibility of the head coach of that team.
- There is no such thing as a final team cut. The athlete's membership on any team is always subject to proper behavior as outlined in specific team guidelines.
- Prior to tryouts, the coach will provide the following information to all athletes:
 - A. The cutting procedure including tryout date and the criteria used to select team members.
 - B. The practice commitment required of each athlete who makes the team.

- C. Number of athletes to be selected.
- D. Team Rules and Expectations
- E. Game Commitment required of each athlete who makes the team.

IV. Tryout Procedure:

1. When a squad cut becomes necessary, the process should include these important elements. Each athlete should:
 - Have completed all UIL and Columbus ISD Athletic paperwork.
 - Be at the tryout or provide written permission to the coach from their parents or guardian, in advance, for missing the tryout period due to extenuating circumstances.
 - If permission is granted for an alternate tryout, the athlete must go through the similar criteria process as other team members.
2. Each sport will have their own skill set determined by the head coach when evaluating the athletes, however all athletes wishing to try out for a team must have displayed continual academic success and good attendance both in the classroom and the athletic period prior to the tryout date. Grades and attendance from the previous fall semester will be considered. Coaches will also evaluate attitude, focus and hustle to better evaluate the coachability of the player. Discipline within the athletic period and the school will also be evaluation tool. ISS, AEP and excessive D-Halls will be taken into the evaluation of an athlete. An athlete can be cut due to grades, attitude, and discipline issues.
3. If an athlete is cut, the coach will inform him or her personally as to the reason for the cut and the skills or techniques that they can work on for the next season, such as strength, catching, shooting, etc. No posting of the lists of teams will be displayed.
4. Coaches should take the opportunity to discuss alternative possibilities for participation in other sports.



COLUMBUS VOLLEYBALL TRYOUT

Selection Criteria:

1. Volleyball Skills
 - A. Serving
 - B. Passing
 - C. Spiking
 - D. Setting
 - E. Blocking
 - F. Defense
 - G. Game Play
2. Position-Specific Skill Level i.e.--Setter, Front Row Player, Back Row Player
3. Fitness Level of the Athlete
4. Athleticism

Numbers per Team:

Varsity	8-14
JV	12-14
F	12-14



COLUMBUS CARDINALS BOYS AND GIRLS **BASKETBALL TRYOUT**

Selection Criteria:

1. Passing
2. Dribbling
3. Ball Handling
4. Shooting
5. Rebounding
6. Defense
7. Fitness

Numbers per Team:

Varsity	8-14
JV	12-14
F	12-14



COLUMBUS CARDINALS BASEBALL AND SOFTBALL **TRYOUTS**

Selection Criteria:

1. Throwing
2. Speed
3. Hitting
4. Pitching (If Applicable)
5. Fielding
6. Fitness

Numbers per Team:

Varsity	11-16
JV	12-16
F	12-16

*Coaches will use a pitching machine for fielding and hitting.



COLUMBUS CARDINALS GOLF TRYOUTS

Selection Criteria:

1. Putting
2. Chipping
3. Short Iron Play
4. Playing 9 Holes

Number per Team:

- The golf team plays only a varsity schedule.
- A team consists of 5 players.
- Golf course restrictions will only allow 8 boys and 8 girls on each of the teams.



COLUMBUS CARDINALS BOYS AND GIRLS TENNIS **TRYOUTS**

Selection Criteria:

1. Forehand Volley
2. Backhand Volley
3. Forehand Groundstroke
4. Backhand Groundstroke
5. Serve
6. Athleticism
7. Fitness

Number per Team:

- Varsity Tennis—16
- JV Tennis—16

*Coaches will use a tennis ball machine for individual skills.



Columbus ISD Try-Out Procedure

1. This document will not cover every situation, but it will give the coaches an outline to follow during the tryout period.
2. The head coach will create a grading sheet for the tryout. The grading sheet should include all areas of involved in that sport.
3. The athletes will be graded on a scale with the following options:
 - - Below Average
 - 0 Average
 - + Above average
4. The athlete should have a minimum of at least 10 tries at the different skills.
Example—Bsb/SB--Batting—at the minimum at least 10 swings
5. Athletes involved in an ongoing sport:

Athletes that are participating in a season sport will try out when their season is complete. They will go thru the same tryout format. Ex—Basketball players will not try out for baseball/softball/tennis/golf until their season is over. After the tryout, the coach will announce the final cuts. No one will be cut till every athlete has a chance to tryout. In keeping the tryouts fair, the coach will try out players the 1st day they attend practice. After everyone has tried out, the coach will make the final cuts.



Athletic Policy Acknowledgement

As an athlete of Columbus Independent School District, I fully understand the rules and policies set forth in this Athletic Policy. I will follow these policies with the knowledge that any violation could result in disciplinary action. I further pledge to conduct myself properly and bring pride to myself, my family, school and community.

Student's Signature

Parent's Signature

Date

2011-2012 Grade _____

** The last page must be signed and turned in before 1st game. The student athlete is ineligible for any athletic contest till form is turned in.

